



Big Lake Green Light Fishery



To protect the health of everyone who enjoys eating fish caught in Arizona waters, ADEQ tests filets of sampled fish for mercury and other pollutants of concern to recommend healthy amounts of fish species to catch and eat. ADEQ works in collaboration with the Arizona Game and Fish Department (AZGFD) to collect fish from Arizona streams and lakes for testing.

ADEQ tested Cutthroat and Rainbow Trout at Big Lake and determined that these fish may be consumed without limits per standard dietary guidelines.



Cutthroat Trout



Rainbow Trout

Watch the program video playlist:
bit.ly/ADEQFCA



Arizona's Green Light Fisheries Map identifies locations where fish have been tested and found to be low in pollutants of concern, like mercury. The American Heart Association recommends people eat at least two fish or seafood meals every week.



**AZGFD
manages...**



235,000 surface acres of lakes



1,000 miles of rivers or streams



As a lean, low-calorie source of protein, fish are an important part of a healthy diet.



Fish contain high-quality protein and other essential nutrients, are low in saturated fat and contain omega-3 fatty acids.



A well-balanced diet that includes a variety of fish can contribute to heart health and children's proper growth and development.

View Green Light Fishery and Fish Consumption Advisory interactive eMap at: azdeq.gov/fca